

## In-Season Phase 3

### Day 1

A Rack Pull, Just Below Knees

Week	Sets	Reps
1	5	3
2	3	3
3	5	3
4		1RM

Set 1	Set 2	Set 3	Set 4	Set 5

B1 Push-up

Week	Sets	Reps
1	3	max
2	3	max
3	3	max
4	3	max

Set 1	Set 2	Set 3

B2 TRX Curls

Week	Sets	Reps
1	3	10
2	3	10
3	3	10
4	3	10

Set 1	Set 2	Set 3

C Split Squat Iso Hold

Week	Sets	Reps
1	3	30s/side
2	3	40s/side
3	3	50s/side
4	3	60s/side

Set 1	Set 2	Set 3

## In-Season Phase 3

### Day 2

A Front Squat Grip- Reverse Lunge

Week	Sets	Reps
1	3	8/side
2	4	8/side
3	5	8/side
4	3	4/side

Set 1	Set 2	Set 3	Set 4	Set 5

B1 3-Point DB Row

Week	Sets	Reps
1	6	8/side
2	6	8/side
3	6	6/side
4	6	6/side

Set 1	Set 2	Set 3	Set 4	Set 5	Set 6

B2 3-Point Push-up

Week	Sets	Reps
1	4	6/side
2	4	8/side
3	4	10/side
4	4	12/side

Set 1	Set 2	Set 3	Set 4

C Single Leg Hip Thrusters

Week	Sets	Reps
1	5	20/side
2	5	20/side
3	5	20/side
4	5	20/side

Set 1	Set 2	Set 3	Set 4